

Full-Tank Fruit Skewers

Just spent the afternoon riding your bike and now you need to fill up the tank?
Fuel up your energy with this refreshing snack!

Ingredients:

- Red fruit: strawberries, watermelon, or raspberries
- Orange fruit: cantaloupes or oranges
- Yellow fruit: pineapples or bananas
- Green fruit: kiwis or honeydew melon
- Blue fruit: blueberries
- Purple fruit: grapes or blackberries



Directions:

- 1 Choose one fruit for each color of the rainbow (red, orange, yellow, green, blue, and purple).
- 2 Have a grown-up cut fruit into one-inch cubes (except grapes and berries).
- 3 String one fruit from each color onto the skewer in rainbow order. (Please note: only grown-ups should work with skewers!)
- 4 Repeat Step 3 until you have as many fruit skewers as you need.

Please note: All actions involving knife cutting, skewering, stove and oven usage, and electrical appliances (food processor, blender, etc.) should be handled or supervised by an adult.

REMINDER TO SELF: Ask parents if children have any food allergies!

